



GRAVESEND

CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:30	SPIN			SPIN			
09:30		HIIT	Equilibrium				
18:30	SPIN	SPIN	Combat Fit	Combat Fit			
19:30	HIIT	ZUMBA STRONG	LBT	HIIT			
20:15		ZUMBA STEP					